

September 22nd to September 28th

Here is what is being held in addition to the daily programs and events. Please note that, programs, events and services, times, dates and fees may change without notice.

Coming in September and October

September -

****Sun. Sept. 28 from 1:00 - 3:00 pm Open House celebrating National Senior Center Month** - In honor of National Senior Center month in September the Northampton Senior Center is having an Open House. The Open House is open to everyone. If you haven't been to the Northampton Senior Center this is an opportunity to experience a class demonstration, to take a tour, speak with staff and more. The event will feature live entertainment and light refreshments.

October -

Hands on Massage Demonstration – Friday, October 3rd from 10:00 am – 12:00 pm – Seniors age 55 and older and caregivers. Call 413-587-1226 for more information.

Coping with Early Memory Loss – Monday, October 6th from 1:00 pm to 2:30 pm.

Presented by Alzheimer's Association of MA/NH Chapter.

Writing Your Life Story – Tuesdays beginning October 7th to November 18th from 10:00 am – 12:00 pm - Seniors age 55 and older. Pre-registration required. Call 413-587-1228 to register.

Upcoming events:

AARP Driver Safety Course – Friday, November 7th from 9:00 am to 3:00 pm

Shred Day – November 8th from 9:00 am – 12:00 pm

Veterans Day Event – Monday, November 10th

Holiday Craft Fair & Marketplace – Saturday, November 22nd from 9:00 am – 3:00 pm

Holiday Dinner – Sunday, December 7th

Weekly information on what's happening in addition to regularly scheduled opportunities:

Mon. Sept. 1-Sept. 30 from 8:15 - 4:00 **Art Exhibit:** Joan Hicks will exhibit her watercolor & acrylic paintings during September.

Mon. Sept. 22 at 12:15 pm - **Massage Clinic:** A clothes on massage for seniors and caregivers. By appointment only. Fee \$20.00 for Northampton Seniors and \$25.00 for non-residents and seniors 55-59. Call 413-587-1228 for an appointment.

Wed. Sept. 24 from 9:00-10:00 am - **No Cost Breakfast Program:** All Northampton seniors over 60 are welcome to join us for this nutritious breakfast program. Offered in conjunction with the Massachusetts Department of Elder Affairs and Highland Valley Elder Services. Be sure to have your Senior Center scan card. Please register at reception.

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**** Watch for the calendars of programs, activities and more to see what is new!**

Senior Companion Program – Accepting applications. No Fee. Call 413-587-1226 for more information